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{page 3}

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Tuesday,
October 18, 2011
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News worth
sharing.

Occupy. Nova Scotia



► Mi'kmaq elder Billy Lewis dries the head of his drum in Grand Parade yesterday as the Occupy Nova Scotia corporate-greed protest continues. The Halifax occupation is one of several Canadian protests that have been inspired by the nearly month-long Occupy Wall Street movement. Story, page 4.

ANDREW VAUGHAN/THE CANADIAN PRESS

Occupation come rain or shine

Pop goes the city

► Event director invites festival-goers to get outside their musical comfort zones



**ALEX
BOUTILIER**
@METRONEWS.CA

More online

► For the complete event details, visit halifaxpopexplosion.com.

More than 180 really good bands — many of which you probably don't know — are set to blow up Halifax this week.

The 19th annual Halifax Pop Explosion kicks off today, bringing in bands from across North America to 20 different venues across the city. Pop Explosion spans five days, countless genres, and is expected to bring in more than 17,000 fans and delegates, making it one of Halifax's biggest annual festivals.

It's an ambitious schedule for a small group of organizers and a legion of volunteers. But executive director Jonny Stevens, now in his second year of running the show, sounded calm and collected yesterday.

"We've grown the festival pretty significantly, even since last year," said Stevens.

"The things I was nervous about last year, like 'Oh my God, are people going to show up?' That's not a worry at all. We know that the shows are going to be really well attended."

Stevens has good reason to be confident. On the eve of the festival, the event was sold out of VIP and priority passes, and he estimates more than 700 of 1,000 festival wristbands have been sold.

But he said there's plenty of capacity left — for people who show up early.

"It feels like this big communal party every night," said Alison Lang, a local music blogger.

One of the highlights of the festival is a free outdoor show at Grand Parade on Saturday featuring Stars and Plants and Animals.

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Stadium a no-go, for now: Premier

There's no money in provincial coffers for a stadium in Halifax, Premier Darrell Dexter says.

And he thinks it's a "wise thing" that HRM has yet to come looking.

"We've told them in the past that we simply don't have the money to support that at this time," Dexter said yesterday. "We're in the position where we simply say don't ask us and we won't say no."

Dexter said the province is prepared, however, to look at "value propositions."

"We're not going to turn away any business case. If you show us something that shows a concrete return, you know, we're going to look at that," he said.

Halifax regional council will decide today if they wish to give senior staff and Mayor Peter Kelly per-

mission to begin soliciting contributions to the proposed stadium's capital cost.

If approved, HRM would begin discussions with the other levels of government and the private sector to attempt to secure funding for the project, whose cost is estimated at \$60 million.

Those discussions would be based on the premise of the municipality kicking in about one-



Premier Darrell Dexter

third of the cost, or \$20 million. But any contribution from the municipality

— or from anyone else — would be conditional on council's final decision in December.

Peter MacKay, the defence minister and regional minister for Nova Scotia, said any discussion of a federal contribution to the stadium would hinge on the formal business case, which will be delivered for council's consideration in December.

● ALEX BOUTILIER

Sable Island declared national park

► Drilling ban extended to one nautical mile from 'fabled' land of windswept dunes, wild horses



ALEX BOUTILIER
@METRONEWS.CA

Sable Island has been declared a national park reserve.

Premier Darrell Dexter and federal Environment Minister Peter Kent signed the agreement into law yesterday at the Halifax Citadel.

The ceremony was the culmination of a process that began in January 2010, when the two governments signed a memorandum of understanding to protect the 42-kilometre-long island situated 290 kilometres southeast of Halifax.

"This memorable agreement will ensure that this iconic and valued Canadian landscape, fabled for its

"This is a milestone achievement for one of Nova Scotia's most treasured places."

PREMIER DARRELL DEXTER

wild horses, shipwrecks and one of the largest dune systems in eastern Canada, will be protected," Kent said.

The legislation prohibits drilling for oil on the island and one nautical mile from its coast. But the ban does not preclude the possibility of a practice called "horizontal drilling," in which oil companies could drill under the area of the ban.

"There is abundant evidence that horizontal drilling can be safely con-



► Peter MacKay, defence minister and regional minister for Nova Scotia, and Environment Minister Peter Kent listen to Premier Darrell Dexter at Citadel Hill yesterday. Sable Island was designated a national park reserve.

ducted," Kent said.

"It's important to recognize that the industry has

been particularly co-operative and gracious in ceding ... claims that have existed

for some time ... in the interest of creating this national park."



A new study argues in favour of a distinction between regular teenage shyness and a crippling social disorder. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

So far, Bay Street rat-racers have been too preoccupied to pay much mind to their occupiers. Video at metronews.ca/video

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Occupy activists settle in at Grand Parade

► Police say they will not ask demonstrators to leave as long as they are peaceful ► Protesters have been receiving food, water, supplies by donation



► Demonstrators gather in the Grand Parade in Halifax yesterday to protest corporate greed. The Halifax occupation is one of several Canadian protests that have been inspired by the nearly month-long Occupy Wall Street movement.

HEATHER GILLIS
HALIFAX@METRONEWS.CA

Day 3 of the Occupy Nova Scotia protest brought cold rain then sunshine for demonstrators still camped out at Grand Parade.

About 300 protesters attended a rally to mark the beginning of the Occupy Nova Scotia movement on Saturday at the site next to Halifax City Hall. Yesterday, about a dozen tents remained on Grand Parade.

"I'm definitely going to try and stay," said Samantha Wintrup, who has been occupying the area with friends since Saturday.

"We've been getting an amazing amount of support. More food than we can eat is coming in so we're going to share that."

MIKE ANTHONY, DEMONSTRATOR

"We're not making a mess, we're keeping our garbage in garbage bags, we're not fighting, we're not arguing. It's just a peaceful way to talk about our ideas to make the world better," she said in response to rumours that the police may ask protesters to leave.

Organizers have designed

ated areas for food, medical attention and even a blue tarp "amphitheatre" where they hold their general assembly meeting at 7 p.m. every night.

They also have tarps over an area of small tents, which some organizers jokingly referred to as low-income housing area.

One squatter said they were "in crisis mode" when the amphitheatre, housing tarps and tents blew down in the wind yesterday.

That prompted occupiers to find sand bags to make their shelter sturdier.

"Some tents are good for this kind of weather,



► NSGEU members walk to Grand Parade yesterday to support protesters.

some aren't," said Struan Ford, who has also been occupying the area since Saturday. "But if we are able to get some good shelters and heat sources we can stay as long as we need to."

Reinforcements add to cost of Bluenose II

The cost of rebuilding the Bluenose II has jumped by \$1 million.

CBC News reports that the province has agreed to increase the budget for the project to \$15.9 million on

the advice of an international regulatory agency.

Project manager Craig Chisholm says the agency called for changes to make sure the schooner is safe.

It was supposed to be

completed this spring, but the province now says the replica will set sail next summer.

Last month, the last plank was attached to the ship's hull. **THE CANADIAN PRESS**

\$14.8M

Cost of the project funded by the provincial and federal governments that began last fall.

Man charged in crash death

A Halifax man is facing more than a dozen charges including criminal negligence causing death and impaired driving causing death in relation to a fatal accident last month.



► Ward Robinson

taxi and died from the crash.

MacPherson was charged on Friday and remains in hospital under police guard relating to injuries from the crash.

Halifax Regional Police say Drew William MacPherson, 34, faces 19 charges in total from an accident under the MacKay Bridge on Barrington Street on Sept. 30.

Police say a southbound vehicle struck a taxi heading northbound at 9 p.m. Ward Robinson, 67, was the lone passenger in the

"Anytime someone drinks and drives it puts everyone on the road way at risk," police spokesman Const. Brian Palmeter said.

Among the charges, MacPherson is also facing four counts of breach of recognizance and seven counts of breach of probation. **PHILIP CROUCHER**

BURNSIDE

Jail cleared in inmate suicide: Report

A suicide at the jail in Burnside was handled properly, a report finds.

The Department of Justice released a report yesterday into the death of a 48-year-old man who died at the Central Nova Scotia Correctional Facility on July 25.

The report didn't identify the man, but Metro has learned it was Kevin Glen Downing.

Downing was remanded on Nov. 11, 2009, on a charge of second-degree murder in relation to the death of Rose Marie Brown, who was found

dead inside a Beaverbank Road apartment on Nov. 10.

During their regular checks, corrections officers noted Downing was awake and standing next to the window in the cell door at 1:36 a.m. and at 3:37 a.m. At 4:06 a.m., Downing was discovered with a sheet around his neck in a semi-seated position.

Guards and medical staff were inside the cell within two minutes, but Downing was pronounced dead about a half hour later.

The report found there were no deficiencies in following policies and staff acted accordingly. Halifax Regional Police investigated and determined it wasn't a criminal matter.

► JENNIFER TAPLIN

Dexter going to Mid-East

Premier Darrell Dexter will travel to the Middle East tomorrow on a week-long provincial trade mission to Israel and the West Bank.

The premier's office says the goal is to build on existing business relationships and to create new opportunities.

Dexter will meet with Israeli President Shimon Peres and with Palestinian Minister of National Economy Hasdan Abu-Libdeh

THE CANADIAN PRESS

Writing on the wall for nabbed teen

Four teens were picked up by police and one boy was charged with property damage last weekend.

Police were patrolling on Chain Lake Drive on Friday night when they noticed four young males near a building. One of them was writing on the wall, say police.

All four were arrested, but three were later released. **METRO**



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Search still in full force: Police

► A \$5,000 reward for information was raised by family, friends ► Police want people with info to contact them



JENNIFER
TAPLIN
@METRONEWS.CA

As the investigation continues into its second week, the search for 19-year-old Amber Kirwan is not slowing down.

"Police have not scaled down any search," said Const. Ken MacDonald with the New Glasgow police.

"We've had search-and-rescue teams from four areas of the province asked to conduct searches because their area of specialty is missing persons and looking for clues."

Kirwan was reported missing by her parents on Oct. 9. She was last seen



► Amber Kirwan

leaving a New Glasgow pool hall just after 1:30 a.m. to meet her boyfriend at a convenience store, but she didn't show up.

Ground crews are scouring the woods and waterways in several areas of Pictou County this week. Meanwhile tips are pouring in, MacDonald said.

"We have numerous tips coming through both

on the police line and that have been received through Crime Stoppers," MacDonald said.

"It is extremely beneficial if the tips come through police or Crime Stoppers."

He urged people to call police instead of just telling friends about it.

Several "items of interest" have been recovered in the past week. MacDonald said people have called police to report items found on their property and investigators and forensic teams are analyzing them.

He couldn't say what the items are, where they were found or if the items are relevant to the case.



Winter. Wither

► The Public Gardens will close for the season on Dec. 2 this year, the municipality announced yesterday.

RYAN TAPLIN/METRO

Trading flowers for snowflakes

HRM tries to keep the doors open as long as possible because of public demand, but crews can't use salt around the ponds and flowers, so the Gardens need to close when the snow falls.

\$25K^{Local} Organizers of Stick-It To Prostate Canada estimate about \$25,000 was raised on Saturday.

Stick-It raises funds

Thirty-six teams battled it out on the Halifax waterfront for a ball hockey tournament dedicated to raising money for prostate cancer. ● HEATHER GILLIS

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News in brief

Halifax loses food challenge

DONATIONS. Back-to-back champion Regina won the Great Canadian Food Fight on the weekend.

Halifax, Regina, and Victoria were competing to raise the most food donations. In Halifax, donations were weighed at Exhibition Park for 48 hours.

But in the end, Regina proved itself the heavyweight bringing in over 251 tonnes of food. Halifax came in second with 71 tonnes and Victoria last with 67 tonnes.

● METRO

Woman charged with fraud

BANK. A 29-year-old woman from Montreal is facing fraud charges.

Halifax RCMP say Megan Celeste MacDonald is charged with fraud over \$5000, four counts of uttering forged documents and conspiracy to commit fraud.

Employees at a bank in Lower Sackville recognized a woman suspected of defrauding another bank branch of \$24,000 on Saturday.

● METRO

Story correction

MLA. In the Oct. 14 to 16 edition of Metro Halifax, an article incorrectly stated MLA Trevor Zinck is facing two charges of theft over \$5,000 in relation to the MLA expense scandal.

In fact, one of those charges was dropped on May 20.

Zinck is also facing one charge of theft over \$5,000, and breach of public trust.

● METRO

Cuts won't affect patient care: Dexter

While Nova Scotia continues to face significant budget pressure, spending cuts — including a three per cent reduction to health care — are necessary, Premier Darrell Dexter said yesterday.

However, Dexter said the province's nine district health authorities have been told none of the money is to be taken from patient care.

"We have told them that there is not to be any effect on patient care," the premier said. "We can move through the system and find ways to customize the services to reduce costs and meet budget targets."

THE CANADIAN PRESS

\$3.8B is the amount Nova Scotia spends a year on health care, or about 40 per cent of its total budget.

MV Miner dilemma

► Premier says discussions continue with Ottawa to resolve outstanding issues, including how and when vessel can be cut up and removed from area

Premier Darrell Dexter says no one wants to be responsible for a badly damaged ship that's been stranded off Nova Scotia for nearly a month.

Dexter has been pushing the federal government to accept responsibility for the MV Miner, which ran aground off Cape Breton on Sept. 20 while being towed to a scrapyard in Turkey.

But yesterday, he conceded it's a job no one's particularly keen to take on.

"We're in the same boat the federal government's in — nobody wants to sign up for liability," Dexter said at an unrelated news conference attended by federal Environment Minister Peter



► MV Miner.

Kent.

"You have a boat that's owned by a company incorporated in the Marshall Islands that has no assets other than that boat. So we don't have anybody to go after."

The 230-metre bulk

carrier now sits on Scatarie Island, a provincial wilderness management area. All attempts to pull the former Great Lakes freighter off the rocks have failed, and the ship has become increasingly damaged by rough seas.

Dexter has said the province is the innocent victim of a towing mishap and shouldn't be responsible for the wreck.

The ongoing talks have been a sore spot for Dexter, who has criticized the federal government of being elusive and noncommittal when it comes to the freighter.

Kent said issues of responsibility and liability are still being debated.

THE CANADIAN PRESS

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| October 19 | Seniors' & Personal Safety
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3761 Robie Street, Halifax |
| October 20 | Crime Prevention Programs & Good Neighbours, Great Neighbourhoods
Basinview Community School (Cafeteria)
273 Basinview Drive, Bedford |
| October 26 | Scam Savvy – Preventing Fraud & Identity Theft
Saint Mary's University, (Scotiabank Theatre, Sobeys Building), 903 Robie Street, Halifax |

Meetings start at 6:30 p.m. All are welcome! Please call 490-5063 if you require special accommodations.

Can't make these sessions? Visit
www.halifax.ca/police/CrimePreventionSeries.html
for a complete list of topics and dates.



Hairy pressure on Harper

▶ Ottawa broadcasting students post YouTube video calling for PM to support Movember campaign ▶ Canadians raised \$22.3 million last year



The student-run radio station at Ottawa's Algonquin College is trying to convince Prime Minister Stephen Harper for a second time to grow a moustache in support of next month's Movember campaign.

The station might have to up the ante, though, after a government spokesperson said Harper's upper lip will stay bare this November.

"While the prime minister will not be growing a moustache this year, he does wish the organizers of this year's campaign every success in raising money and in increasing awareness of prostate cancer," read an email statement from Andrew MacDougall, the



▶ This promo poster shows the PM with a fake moustache.

Prime Minister's Office associate director of communications.

CKDJ 107.9 program manager Ryan Gibson is confident he'll gather the 10,000 signatures he is seeking to convince the prime minister otherwise.

"He takes his role as a politician quite seriously and I think, just for bringing attention to Movember, there's no other high profile person in the country than the prime minister," said Gibson, who is also a radio broadcasting student.

The station tried the same campaign last year, but was unsuccessful. Money raised from the Canada-wide campaign will go to Prostate Cancer Canada.

Last November, a number of MPs grew moustaches in support of the Canadian campaign, including Liberal Justin Trudeau and New Democrat Peter Stoffer.

Gibson said people can sign his petition, which is available at facebook.com/ckdjmovember.

BRA Day to support breast cancer survivors

The very first BRA Day (Breast Reconstruction Awareness Day), takes place across the country tomorrow.

Led by reconstructive surgeons and key stakeholder groups, BRA day is intended to educate and promote awareness and access for post-mastectomy breast reconstruction via community-based events and a new online resource — bra-day.com.

"When I realized that I was going to have to undergo mastectomy, my attentions were focused on both my health and on my recovery following surgery," said breast cancer survivor Jodi Brown.

"Reconstructive surgery restored my self-esteem

and made me feel complete again.

"I think it is important for every woman diagnosed with breast cancer to know her options early on and know that, after the emotional and physical hurdles, you can get back to being yourself."

In 2010, nearly 45,000 mastectomies were performed on breast cancer survivors in Canada.

About 92 per cent of those did not pursue breast reconstruction, despite the myriad of options available as an insured medical service in Canada.

For more information on the event, visit bra-day.com/events.php.

● METRO

Global 'Occupy' protests digging in



▶ A businessman sticks his tongue out in jest as he walks past tents erected by protesters from the Occupy London Stock Exchange group outside St Paul's Cathedral. Protesters in cities across the globe have taken part in rallies inspired by the Occupy Wall Street demonstrations in the United States, expressing their frustration at social inequality and corporate greed.

Momentum for the movement

NEW YORK. The month-old Occupy Wall Street movement enjoyed its new momentum yesterday. U.N. Secretary-General Ban Ki-moon expressed sympathy with the protesters, and even protest-averse China said some issues raised are worth considering.

THE ASSOCIATED PRESS

"We saw what the banks and financial institutions did to the economy. We bailed them out. And then they went about evicting people from their homes."

JOHN ST. LAWRENCE,
A FLORIDA REAL ESTATE LAWYER

Occupy protests head to court

UNITED STATES. Around the U.S., more than 350 people were arrested in a half-dozen cities during last weekend's protests. Also yesterday, civil rights activist Cornel West was scheduled to appear in court in Washington after being arrested Sunday.

THE ASSOCIATED PRESS

'Big splash' a financial flop

TORONTO. A call to make a "big splash" in the heart of Canada's financial district as the workweek began caused barely a ripple yesterday, but unfazed Occupy Bay Street protesters pledged to press their condemnation of the country's economic system.

THE CANADIAN PRESS

\$300K

In New York, nearly \$300,000 in cash has been donated through the movement's website and by visitors to the park. Donated goods range from blankets and sleeping bags to cans of food and medical and hygienic supplies. Supporters are shipping about 300 boxes a day.

For the long haul

James Green, a spokesman for Occupy Nova Scotia, said yesterday the protesters planned to stay for the foreseeable future to push their message of social justice and economic equality. The dozens of people camped outside the Vancouver Art Gallery also said they were planning to stay for the long haul.

U.S. Priest held in Rome

► Priest, supporters marched to Vatican for ordination of women as priests

A U.S. Catholic priest who supports ordination for women was detained briefly by police yesterday after marching to the Vatican to press the Holy See to lift its ban on women priests.

The Rev. Roy Bourgeois and supporters marched down the main boulevard to the Vatican with a banner "Ordain Catholic Women" and chanting outside St. Peter's Square

"What do we want? Women priests! When do we want them? Now!"

Police stopped the group and told them to take down their banners since they didn't have a protest permit. When police tried to take the banners, members of the group resisted, resulting in Bourgeois and two others being taken away in police cars, witnesses said.

THE ASSOCIATED PRESS



► Ree Hudson, left, and other members of the Women's Ordination Conference group stage a protest in front of St. Peter's Basilica in Rome yesterday.

ANDREW MEDICINI/THE ASSOCIATED PRESS

Wet. March



► Protesters walk under heavy rain in Unduavi, Bolivia, as they advance toward the country's capital yesterday. Indigenous and environmentalist groups began an estimated 389-kilometre march from Trinidad on Aug. 15 to protest a government-planned highway.

DOLORES OCHOA/THE ASSOCIATED PRESS

A long and winding protest



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LIES MY TV TOLD ME

SHE SAYS ...

JESSICA NAPIER
METRO



I grew up on a steady diet of sitcoms. Before the days of Angry Birds and social networking, I turned to cable television for my nightly fix of mindless entertainment. And even though the programs were fictional, the zany antics of attractive ensemble casts started seeming pretty plausible after the second or third rerun. Here are seven sitcom myths I had to unlearn once I realized that real life isn't an after school special.

1. Having a career is just a plot device. Real people have jobs. You don't spend hours sipping cappuccinos and discussing your on-again, off-again love affairs in the middle of the afternoon; you actually have to work if you want to earn a living. Also, it's important to note that days at a real-life office aren't spent pranking each other with stationery in Jello moulds.

2. CHEERS: Where everybody knows your name. Your buddies don't hang out at one specific diner/coffee shop/bar all the time. Your social circle will be scattered across the city (or country) and you will rarely bump in to your friends by chance. That's what Foursquare is for.

"Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore."

habit of chuckling after almost everything you say in an attempt encourage others to do the same. Or maybe that's just me? OK — moving on.

4. Everybody is attractive. Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore.

5. Ex-lovers only reappear in re-runs. Your ex-boyfriend is not a hunky guest star that disappears after a four-episode arc. You'll inevitably run into him, probably when you're on your way home from the gym or sick with a head cold.

6. Have you seen my awesome apartment? Twenty-some-things don't shack up with astonishingly attractive roommates in impossibly expensive 2,000-square-foot industrial lofts. It's more likely that you'll end up living in a modest rental unit with your parents' old furniture and a mouse problem.

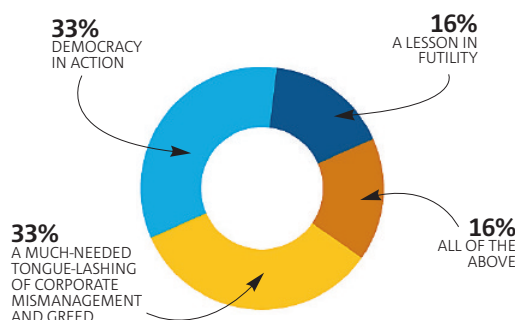
7. Being single is the best! Singledom is hardly a slew of comical encounters with eccentric yet loveable characters; most first dates are awkward and entirely underwhelming — hilarity does not ensue. There are also plenty of lonely, miserable nights; they just don't show that on TV.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
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and take the quick poll

The Occupy Wall Street protests are:



Letters

The 99 per cent that Occupiers represent are demanding change and are gaining supporters from all walks of life.

In the past, the North American and European economies were dependent on an automobile sector, decent wages and population growth. Not to mention a need for consumers to keep on spending to keep the economy going. What is happening now is literally the opposite.

The gap between the rich and the poor is increasing dramatically.

The population is aging and there are less working people to support the government and society. Corporations are outsourcing jobs to countries like China and India. There are less decent-paid jobs now and unemployment is increasing. The people are no longer earning \$30.00 per hour unless you work for the government. This is reducing consumer spending, saving, and increasing debt. The population is basically scrambling for minimum-wage jobs.

Occupy Wall Street is an interesting phenomenon because it reflects this anxiety.

ALEX SANGHA
DELTA, B.C.

Local tweets



- **@lauriecburns:** #occupy is everywhere! I thought about occupying my boss' office, asking for 1 week paid vacation but I would be fired in 1 minute flat
- **@CrissiCochrane:** First thing I do when I arrive in Halifax after a year away: drop my purse in a puddle in the rain! New purse time?
- **@lmschnare:** My fav rainy day food? Mom's Turkey soup...hands down. What's yours? #rainyday #Halifax
- **@slporterfield:** The weather in Halifax has multiple personalities.
- **@RebeccaLau:** Wow the #Halifax public gardens is staying open til Dec. 2. That's pretty late. Not complaining though!
- **@hfxlibrarian:** Is it my imagination, or do the new parking / no parking signs on Lr. Water Street contradict one another? #halifax
- **@der_junker:** \$35billion shipbuilding contract to be announced soon. It had better be in #Halifax or I will kick some knickers. #cdnpoli

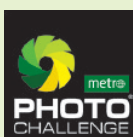


photo of the day



► This photo titled *A Still More Glorious Dawn Awaits* was submitted to the Imagination category by **vanessapaxton** from Toronto.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

'Excuse me officer, I was driving good'

Police say a Detroit-area man had his nine-year-old daughter drive him to the store because he had apparently been drinking.

Brownstown Township Detective Lt. Robert Grant said yesterday the girl was sitting behind the wheel in a child's booster seat before 3 a.m. on Oct. 8 when an officer opened the driver's side door of the full-sized panel van her father uses for work.

Grant tells the Detroit Free Press newspaper the girl said to the officer: "What did you stop me for? I was driving good."

Someone called police after spotting the pair stopped at a gas station. The caller watched the girl get in the driver's seat and pull the vehicle onto the road.

"She's driving pretty good, I'm telling ya. I can't believe it," the man told the dispatcher.

The father was arrested and is facing several charges, including second-degree child abuse.

The daughter told officers her father had been drinking whiskey all night and took her out to drive. "Very sweet, intelligent little girl," Grant said. **THE ASSOCIATED PRESS**

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Weighing in on Solutions to the Obesity Problem

Amid a constant barrage of new diets and weight loss plans, people with excess weight continue to struggle.

Obesity is a worldwide epidemic with an estimated one billion adults being considered overweight or obese. Canada's most recent health statistics mirror that of other developed nations with 25% of adults found to be obese. Obesity is affecting men, women, and even children. It's a risk factor for other health conditions including heart disease, high blood pressure and type 2 diabetes.

At first glance, the main cause of this problem is excess calorie intake.

Being on a diet often causes people to become preoccupied with food. Dieting can cause the body to go into "starvation mode", slowing down the metabolism because it thinks it will run out of food soon. It also sets up a cycle of overindulgence on forbidden foods, and feelings of guilt.

The diet mentality is so powerful it can cause thin people to gain weight once they've been put on a diet. One study found that dieting caused formerly diet-free people to have more cravings

impossible! Weight loss surgery may be the solution you have been looking for.

Until recently, weight loss surgery has been seen as a last resort. However, with the improved long-term success rate of procedures like the Slimband® adjustable gastric band, this perception is changing.

The Slimband® program typically results in up to 72% of excess weight being lost within the first 24 months. The procedure is a minimally-invasive, 20-minute operation in which a band is placed around the top part of the stomach to create a small pouch. Weight loss is maintained through permanent

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We simply eat too much without burning off the extra calories. To combat this energy imbalance, weight loss can be achieved through diet and exercise programs.

Despite their on-going popularity, diet plans only help people lose weight in the short term. According to scientific research, less than 5% of dieters lose weight and maintain their weight loss for more than five years. In the long run, nothing changes and a relapse into old eating habits or inactivity eventually occurs.

Not only do diets not work, they can be counterproductive and damaging to a person's health and emotional wellbe-

ing. Being on a diet often causes people to become preoccupied with food. After losing ten pounds, they promptly gained it all back plus an additional five pounds. The extra weight was harder to lose because the restriction in food intake had slowed their metabolism.

Many people find themselves looking for a weight loss solution that doesn't hinder their lifestyle or impose limits on the number of calories consumed. Contrary to popular belief, this is not

lifestyle changes with the band acting in the form of "built-in portion control" to help people feel full on less food.

The benefits of the Slimband® weight loss surgery procedure go far beyond a stunning physical transformation. Many people who lose weight with Slimband® have improved self-esteem, increased energy levels and elimination of many weight-related medical conditions.

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Stephanie M. - Calgary, AB
Actual Slimband® Patient

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*Gastric banding results in an average of 58% excess weight loss within the first three years and patients continue to maintain their weight loss even up to seven years later. (Niville E et al. A mid-term Experience with the Cousin Bioring - Adjustable Gastric Band. Obes Surg 2011; May 5. [EPub])

Free apps at what cost?



▶ A BlackBerry is shown last Wednesday in Chicago.

▶ RIM doesn't yet know financial impact of outage ▶ Company could lose about \$26 million: Analyst

pensate all carriers and customers for the down time of the BlackBerry network, its earnings would be negatively affected by three to five cents per share in the current quarter — a total of about \$26 million.

Balsillie also says that so far wireless carriers have not asked him for compensation for the outage, which affected areas such as Europe, Africa, the Middle East and North America for varying lengths of time.

He says the free apps to consumers actually cost \$5, \$10 and \$15. Balsillie defended how RIM communicated the outage to the public, saying every minute doing public relations is time not spent fixing the problem.

THE CANADIAN PRESS

Free apps

- ▶ iSpeech Translator Pro: speech-recognition technology converts words, spoken or typed into the phone, into multiple languages.
- ▶ Drive Safely Enterprise: reads text and email messages aloud.
- ▶ Nobex Radio: streams AM, FM and Internet stations.
- ▶ Shazam Encore: premium version of song-recognition program displays lyrics with music.
- ▶ Vlingo Plus: Virtual Assistant: voice recognition allows users to text, update Facebook and other tasks.
- ▶ Photo Editor Ultimate: allows photo editing on the BlackBerry.
- ▶ Games: SIMS 3, Bejeweled, N.O.V.A., Texas Hold'em Poker 2, Bubble Bash 2.

The co-CEO of Research In Motion says the BlackBerry maker doesn't know yet what the final price tag will be for last week's global email, text and Internet outage.

Jim Balsillie says the

Waterloo, Ont., company hasn't calculated the cost of offering BlackBerry users \$100 in free apps and doesn't know yet how it will impact its earnings.

One analyst has estimated that if RIM were to com-



▶ A customer shows his iPhone 4S.

iPhone 4S breaks sales record

Apple says it sold more than four million units of the new iPhone model in three days. It's selling more than twice as fast as the previous model.

Apple Inc. and its

phone-company partners started selling the iPhone 4S on Friday in the U.S., Australia, Canada, France, Germany, Japan and Britain. That's two more launch countries than last

year. There are also more phone companies selling the phone. When Apple launched the iPhone 4 last year, it sold 1.7 million in the first three days.

THE ASSOCIATED PRESS

NEW MENU ITEM

Get pasta on the go at Tim's

Tim Hortons is making room beside coffee, doughnuts and sandwiches on its menu for lasagna.

The restaurant chain says it will unveil the new pasta-to-go option with a beef lasagna casserole bowl starting

Monday.

The move comes as Tim Hortons broadens its lunch menu in an attempt to keep customers from choosing competitors.

McDonald's has recently begun serving a broad selection of coffees alongside its regular menu while Starbucks offers an array of sandwiches and lunch packs.

Tim Hortons says the new product is intended to complement its hot soups and chili.

THE CANADIAN PRESS

German companies pledge for women

Germany's 30 top public companies pledged yesterday to increase the number of women who serve in top-level management positions during the next five years as the nation struggles to combat a shortage of qualified personnel by attracting more women to the workplace.

The pledges come six months after members of

Chancellor Angela Merkel's government first sparked the idea that Germany lags far behind other industrialized nations in promoting women to its highest business positions — a problem it does not have on the political side. The government remains divided on whether gender equality can and should be legislated. THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 158.7 (11,923.04)	- 1.12¢ (97.84¢ US)	- \$0.42 US (\$86.38 US)	\$3.688 (-\$0.15)
			Gold \$1,676.60 (-\$6.40)

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scene

Scene in brief



Opera star Measha Brueggergosman and songwriter Stephan Moccio will join Martin Short on the Canada's Got Talent judging panel. Citytv also announced that Toronto TV personality Dina Pugliese will host the show. Brueggergosman is a Juno-winning soprano. Moccio is known for writing the song I Believe for the Vancouver 2010 Olympics.

THE CANADIAN PRESS



E! News' host Giuliana Rancic says she has been diagnosed with breast cancer.

Smashing the past

► Billy Corgan talks new tour and his desire to bring the Smashing Pumpkins into the present

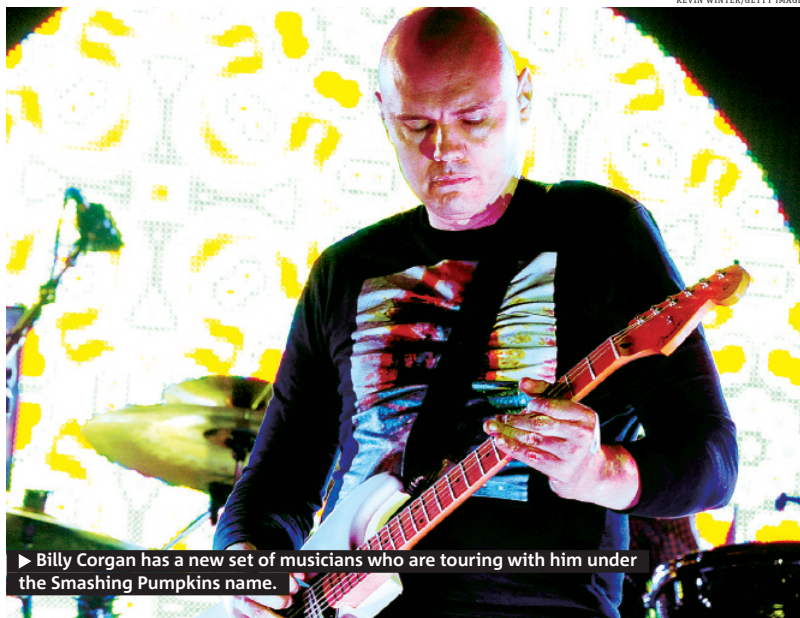


HEIDI
PATALANO
SCENE@METRONews.CA
METRO WORLD NEWS IN NEW YORK

Billy Corgan is one of the titans of the '90s alternative rock scene. He's a polarizing figure in some circles, having issued a few controversial remarks in the past regarding his ex-band mates, with whom he no longer tours. But with a new set of musicians touring under the Smashing Pumpkins name, Corgan wants to bring the band into the present with his latest tour.

Does the music you write under the Smashing Pumpkins name differ from material you've written as Zwan or your self-titled work?

It's weird because the whole idea with the Pumpkins originally that evolved in the early days was more that it was supposed to be kind of an experimental excitement kind of thing whereas away from the Pumpkins, I tend to write a little bit more traditional music. [It's] probably a little more obvious in a way. For whatever reason, the Smashing Pumpkins, the idea of the band or the spirit of the band, has always pushed me to force myself out of my comfort zone. If it's just me, Billy Corgan, I guess I want to try different things. There's something about the way the band was formed as being in awe of rock 'n' roll but also



► Billy Corgan has a new set of musicians who are touring with him under the Smashing Pumpkins name.

wanting to destroy rock 'n' roll. That spirit still pervades everything that goes on with the Pumpkins. Somehow that only seems to exist under that banner.

So then, how does one destroy rock 'n' roll?

Maybe it's different now, but let's say 20 years ago there was sort of an unwritten rule that you don't talk about how fake rock 'n' roll really was. If you saw this interview with Iggy Pop and he was talking about these amazing books he was reading, people would scratch their heads and say, 'I thought he was kind of stupid and rolled around in

glass.' They would be disappointed. So the Pumpkins came along and were willing to poke holes, particularly in the indie alternative world, in the facetiousness of the whole thing, this idea that we were all living in vans down by the river. It was this kind of fantasy that musicians were a subterranean class, were able to create works of incredible beauty or something. So we were just like, oh f— all that.

Where do you see innovation happening in music?

Honestly, I think in terms of predicting something,

the future of rock 'n' roll is probably in mixed media. Because it always starts in the basement with a 16-year-old. What can she do to actually change rock 'n' roll? Maybe she figures out a very cheap, easy but creative way of combining moving image, a personal vision, and music. So imagine like, a 16-year-old girl puts out a 20 minute film that she did on her own of moving images, songs that she created and suddenly, a million teenage boys and girls connect to what she's doing, not just because of the song, but also the way she's cut the music and the sound effects, like a

personal statement of her world but more three dimensional than say just music is. I think that's the future of rock 'n' roll.

In going into your back catalog as you kind of have to, are there any songs that you love playing again and are there songs you'd never play again?

Honestly, every time I tour, I look at the whole list and I go with what I feel. Songs we're playing on this tour, some songs I haven't played in like 17 years.

Like what? Which songs?

Oh, I can't give that away. But some songs you play and it's 'oh, it feels good to play this after 17 years.' But nothing's prohibitive. I love playing my songs. I've gotten a bad rap for being picky about what I'll play ... but it's weird because sometimes it's not so much that I don't want to play the song but it's the audience's expectations that effect what I want to play. I'll give you a perfect example. You'll play a new song that's a pretty good song, a song you have confidence that it's a pretty good song and the audience applauds and then you play a mediocre old song and the audience acts like it's the greatest song they've ever heard. As an artist, you're standing there saying, OK, that's not real. That's not a real reaction to what's happening. That's a memory-sensory reaction.



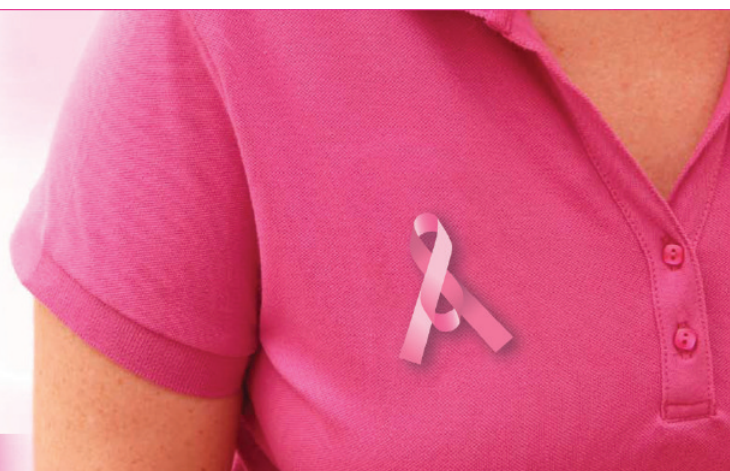
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Green Lantern**Genre:** Action**Director:** Martin Campbell**Stars:** Ryan Reynolds, Blake Lively, Peter Sarsgaard

Canada's Ryan Reynolds shines dimly as the Green Lantern, the summer actioner of the same name based on the DC Comic and directed by Martin Campbell.

Reynolds is Hal Jordan, a cocky test pilot who busts up billion-dollar prototypes just for the hell of it. Oh, and to impress Carol Ferris (Blake Lively) who plays a corporate scold, frustrated pilot and Jordan's occasional bedmate.

The buffed-up Reynolds proves to be an inspired hire. His Jordan manages to keep a straight face when he meets a dying purple alien who hands him a Crackerjack toy ring and advises: "The ring chose you."

For what? The slim story involves digital green Spandex and a tour of the



outer cosmos, where Jordan confers with a gaggle of emerald-obsessed interplanetary cops who call themselves the Green Lantern Corps. They're ruled by the Guardians, one of whom has gone rogue and turned into a planet-eating smoke entity called Parallax. Jordan will have to fight Parallax to save Earth. Were you expecting anything less?

Reynolds shows promise in the role, if future installments of what's sure

to be a franchise are able to scrape away some of the digital green goo that threatens to drown this film — which seems more Saturday morning cartoon than Friday night date — and deliver a more satisfying story. That will be hard to do with a series as loopy as this one.

Extras, mostly on the Blu-ray, include additional scenes, "Maximum Movie Mode," extended cut and making-off featurettes.

● PETER HOWELL

Bad Teacher**Genre:** Comedy**Director:** Jake Kasdan**Stars:** Cameron Diaz, Jason Segel, Justin Timberlake

Bad Teacher instructs us that Cameron Diaz needs to return to comedy school: being pitiful isn't the same as being funny.

She plays Elizabeth, a seventh-grade English teacher at a suburban Illinois middle school. She's a free-spending floozy with a substance-abuse problem, untreated chronic depression and a near-sociopathic disregard for the needs and feelings of others, especially her students and fellow teachers.

Lack of suitability for her job doesn't matter much to Elizabeth; she plans to ditch it anyway, and marry her rich fiancé (Nat Faxon).

Writers Gene Stupnitsky and Lee Eisenberg (vets of TV's *The Office*) surround Elizabeth with one-



dimensional sitcom types: a butt-covering principal (John Michael Higgins), an introvert with esteem issues (Lynn Davies), an extrovert with control issues (a game *Lucy Punch*) and a naïve supply teacher (Justin Timberlake, a former Diaz beau) who is as dim as a small appliance bulb.

Despite the extra talent, the main comedic course

load falls to Diaz, who proves unable to bear the burden under Jake Kasdan's flat direction.

It's too bad for Diaz. She badly needed a hit after recent duds like *The Green Hornet* and *Knight and Day*.

Extras include deleted scenes, featurettes and unrated version of film (Blu-ray only).

● PETER HOWELL

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'We're terrified of facing ourselves'

► Star Trek actor Zachary Quinto reveals sexuality ► Hopes to inspire others to be proud of who they are

For the first time, Zachary Quinto has opened up about being gay, explaining in an interview with New York magazine how much starring in the AIDS-themed *Angels in America* has affected him, calling it the "most challenging thing I've ever done as an actor, and the most rewarding."

At the same time, as a gay man, it made me feel like there's still so much work to be done, and there's still so many things that need to be looked at and addressed."

Quinto, who had previously refrained from comment on his sexuality, says he was compelled to do so after the suicide of bullied 14-year-old Jamie Rodemeyer.

"As a gay man, I look at that and say there's a hopelessness that surrounds it," he says. "But as a human being I look at it and say, 'Why? Where's this disparity coming from, and why can't we as a culture and society dig deeper to examine that?' We're terrified of facing ourselves."

● METRO



► Zachary Quinto

ALL PHOTOS GETTY IMAGES

Celebrity tweets

"I have spent the day in awe of this outpouring of support and resonance. we. are. in. this. together. NEVER FORGET! i am deeply moved."



@ZacharyQuinto



@AlecBaldwin

"Sitting in a restaurant with @hilariathomas and some VERY drunk people are railing against progressive politics. Madre Mia!!!!!!"



@JerrySeinfeld

"Wolf Blitzer beard. Grow it in. Shave it off. I don't care. Just do something. Can't take it anymore."



@GarryShandling

"I like Herman Cain because if elected you get another president for half-price."

Iconic actress remembered by loved ones

Elizabeth Taylor was honoured by friends and family at a memorial event held on the Warner Bros. lot in Burbank over the weekend, according to People magazine.

Hosted by Colin Farrell, the event was attended by Taylor's children Michael and Christopher Wilding, Liza Tivey and Maria Burton, and stepdaughter Kate Burton, as well as friends such as Michael Caine and Elton John, who performed at the ceremony.

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New study shows



Ten per cent of women worry more about their waistline than they do about their relationship. The survey revealed that these women admitted they felt guiltier cheating on their diet on their partner.

● METRO



UK medical group rejects 1st drug to extend lives for patients with advanced skin cancer



► Before you take on barefoot running, be sure to ease into it.

Benefits of barefoot

► Running sans shoes has been catching on more in fitness circles ► But there are questions about why it could be good for you ► Experts suggest easing into a new style to avoid injury



CELIA MILNE
LIFE@METRONEWS.CA

Is barefoot beautiful?

It's becoming more common to see people running with bare feet or wearing super-light shoes.

But should you toe the line?

To find out if this is a more "natural" way to run, Metro contacted Dr. Reed Ferber (PhD), director of

the Running Injury Clinic and an associate professor in kinesiology at the University of Calgary.

He believes at the moment the trend is driven more by marketing than health.

"There is no research to support that running barefoot, or in a minimalist shoe, will improve performance or reduce injury risk," he says.

Given time, research

might reveal benefits. Dr. Dan Lieberman in the department of human evolutionary biology at Harvard University is studying how the naked foot lands during running versus how the shod foot lands, and what impact this has on the body.

He is trying to figure out why humans apparently need fancy shoes to run when they ran without them for eons.

One theory is that some people don't need elevated and highly cushioned heels because they land on their mid-foot or forefoot rather than their heel.

Dr. Ferber estimates that less than 10 per cent of the population has the proper anatomical alignment, adequate ankle stabilizer strength, and calf muscle flexibility to run in a barefoot-style shoe.

"The rest are at risk for

injury unless they transition properly," he says.

If you are interested in switching to barefoot running, Dr. Ferber recommends easing into it over four to six weeks and taking a few months to regain your pre-switch mileage.

It's also important to do gentle calf raises after running to strengthen calves, which will be impacted differently when you run barefoot.

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You'll never look at a cell the same way

Some cellphones harbour E. coli bacteria, U.K. hand washing study finds So, maybe, don't take your phone into the bathroom any more

A new hand washing study has found cellphones teeming with bacteria — and some even harbour the sort of germs that should give people an incentive to scrub better after visiting the washroom.

Sixteen per cent of hands and mobile phones examined for the study, conducted in 12 cities in the United Kingdom, were found to carry E. coli, which originates in fecal matter and can cause diarrhea and vomiting.

"We sent some of my students up and down the length and breadth of the country with a number of swabs, and they swabbed hands and the mobile phones associated with them, and they brought their swabs back ... to identify the prime organisms," said Ron Cutler, director of biomedical science for degree programs at Queen Mary, University of London.

"One of the major relationships was that basically if your hands are very dirty, then your phone tends to be also very contaminated with the same



► Your phone is carrying more germs than you know.

type of bacteria," Cutler said in an interview Friday from London.

The students took

swabs from the hands and cellphones of 390 people — about 30 to 40 samples per city, "which believe

Contaminated

The researchers also found that between 25 and 30 per cent of hands and phones were contaminated with Staph aureus.

► Research Staphylococcus aureus is a bacterium commonly found on the skin and in the noses of healthy people. In most cases, the bacteria do not cause disease, but a cut in the skin or other injury may allow the organisms to enter the body and cause infection. The next stage of the researchers' analysis will determine whether an especially nasty and hard-to-treat bug — called methicillin-resistant Staphylococcus aureus — is among the bacteria found.

me, is a lot of bacteriology," Cutler said.

An analysis found 92 per cent of phones and 82 per cent of hands had traces of some type of bacteria on them.

THE ASSOCIATED PRESS

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

The truth about parabens

When you see 'Paraben free' on a beauty product's label, you might assume that parabens are a bad thing.

But it's not as clear cut as that, and it's a subject that our beauty editor Rhonda Rovon explores in the October issue of Best Health.

For example, is there truth to the claims that these synthetic preservatives — which extend a product's life by stopping fungus, bacteria and other microbes from growing in creams and makeup, especially in the moist, warm environment of a bathroom — cause cancer?

What does Health Canada say?

In products

without parabens as a preservative, the replacement is often another chemical preservative, called phenoxyethanol.

Is it better and safer?

And what about natural preservatives like turmeric, clove bud, rosemary, etc; are they effective, and are they a practical solution?

It's a fascinating subject, because without preservatives, we may all end up with refrigerators in our bathrooms that store our products so they don't spoil. The answers to the above questions, and much more, are in Rhonda's hefty feature in the Look Great section of the October issue, which is on newsstands now.

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Alteregos' simple approach

► Café at the Backpackers Hostel offers down-home comfort food and a casual atmosphere ► The breakfast sandwiches are a standout menu feature

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Alteregos Café is in the Backpackers Hostel and it certainly has a hostel feel.

It's a funky place, a little rough around the edges, but comfy. My friend and I curl up on couches in the second room and sip coffee that's exceptionally good, especially the latte.

The menu is small but



► The Rescue Hero breakfast sandwich (\$4)

the food is homemade. My first choice — a bean burrito — is unavailable as is my second choice — a chicken pesto wrap.

The cook suggests a breakfast sandwich, so that's what we have.

Both are on a toasted English muffin. The Rescue Hero (\$4) has cheese, bacon, mayo and egg while the Metro (\$4.50) has some yummy smoked salmon instead of bacon as well as a soy mayo. These sand-

wiches are excellent.

We finish off with a date square and a chocolate chip cookie, both top-notch. There's nothing fancy here but sometimes nourishing down-home comfort food hits the spot.

Chokladboll (Scandinavian treat)



Preparation:

1 In bowl of food processor, pulse oats, sugar and cocoa powder to combine. Add vanilla and butter and pulse again, to mix. Add coffee and pulse until mix has come together. Remove blade and give mix a stir. Refrigerate for 1 hour.

2 Place coconut in a shallow dish, such as a pie tin. Roll chocolate-oat mixture into 3-cm (1 1/4-inch) balls, then roll each

in the coconut. Refrigerate in an airtight container.

THE ASSOCIATED PRESS/
ALISON LADMAN

Ingredients:

- 875 ml (3 1/2 cups) quick oats
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) cocoa powder
- 5 ml (1 tsp) vanilla
- 150 ml (10 tbsp) butter, room temperature
- 125 ml (1/2 cup) cold coffee
- Shredded coconut

HOW TO DEAL WITH INAPPROPRIATE CHATTER

What do I do in situations where, in a social group, somebody starts to say something totally inappropriate for the situation and I need to interrupt the speech, and talk about something more neutral. Or somebody asks questions I do not wish to answer. In both cases I need to be very polite but do not know what to do or say. Please help.

Elizabeth

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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Dear Elizabeth,
It can be very uncomfort-

able when you are with a group of people and someone begins to say or ask inappropriate topics of conversation.

First, try to draw as little attention to the matter as possible. I would say nothing and as soon as the person is finished talking, I would immediately go back to the conversation at hand.

If this person continues to say things publicly that



► Don't stay silent. Speak up.

make you uncomfortable, your best bet is to speak with this person privately and mention that these questions they ask make you uncomfortable and

could they please respect your privacy and not ask such things.

HAVE A QUESTION? EMAIL CHARLES AT
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WHAT'S THE BOTTOM LINE ON MORTGAGE BROKERS?

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There are over 400 types of mortgage products on the market and it's hard to know whether you're selecting the right one. That's why Canadians are using independent mortgage brokers at an alarming rate because mortgage brokers can save you time and money!

An independent mortgage broker isn't tied to any financial institution and instead works on behalf of you, the client, rather than the lender. Because they are not employees of a lending institution, mortgage brokers are not limited in the product they can offer you. They can seek out the

best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies, or insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

Mortgage brokers can get better deals on mortgages, terms and rates because they have direct access to lenders. Once you've met with one, they'll prepare a funding proposal and shop it around to get the best and most appropriate mortgage options.

Brokers with strong networks can often get nearly instant approvals and they can negotiate better rates and terms on your behalf.

In the vast majority of cases, clients don't have to pay for the services of a mortgage broker. Instead, when the broker matches a lender with a buyer and a mortgage is placed, the bro-

ker is paid by the lender. Their paycheck is based on the size of the mortgage, not the rate.

Major financial institutions have groups of in-house "mortgage brokers". But they're different from independent brokers as they sell clients mortgage products that are exclusive to the bank. If you're keen to stay loyal to your bank, you can ask your independent mortgage broker to negotiate specifically with your financial institution.

Be careful who you choose to work with. Not all brokers are great and have their client's best interests in mind. Get referrals from trusted friends or family members. Research current rates and structures in advance of meeting with a broker. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

Be a money-smart mama

► Whether you're single or partnered, you need a plan

Among the 2,115 Canadians who participated in the 2011 Desjardins Financial Security Health Survey, 67 per cent said that an illness would make them financially vulnerable. Another 77 per cent who live with children were afraid that they would use up their savings during recovery, leaving no money for their children's education.

"What's interesting is that women today are able to assert their independence by their lifestyle and career choices, but many still find financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security. "Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position."



► Financial preparedness is essential for mothers.

Every working mother with dependants should have a financial safety plan that includes three distinct layers, says Leslie.

- 1. Disability insurance:** It's a valuable, must-have protection that pays a regular benefit based on the person's monthly salary, which can be used to cover every-day financial commitments.
- 2. Extended medical insurance:** Even with the protection of disability insurance, many women are not able to pay for all of the drugs

and treatments associated with a serious illness. And it's important to point out that they also may not be covered by their provincial health care system.

3. Critical illness insurance: It provides a substantial lump-sum payment tax-free, which can be used for anything. For example, even the minimum benefit of \$25,000 would let someone make a year's worth of mortgage payments or travel abroad for medical treatments. **NEWS CANADA**

POPQUIZ

How can your families save money during tax season this year?



A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS in Lesley Scorgie's Fun and Frugal Column: *Make the cost of raising a family less taxing.*

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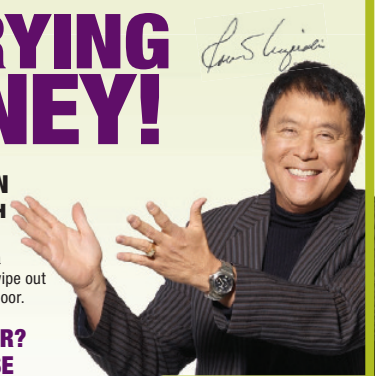
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JAMES: I run a business as an electrician. Things were OK when I started out, but then the recession hit. All of a sudden, my customers couldn't make their payments on time.

I started working longer hours, which hurt my family. I began to realize how much balance my wife and children brought to my life — the less I saw them, the worse my situation felt.

Business kept going south. I considered relaxing my repayment terms (giving customers 60 or 90 days to pay me back, instead of 30), but that wouldn't have solved my cash-flow problem. So I started looking for new customers in a down market.

The more hours I spent doing that, the fewer I spent at home.

I needed help.

CELEBRATE SMALL BUSINESS WEEK

BMO is celebrating Small Business Week 2011, and you're invited to the party. This week, more than 400 participating BMO branches will be hosting their own Biz Cafés: Local events across the country to thank small business owners (like you) for their achievements. It's an opportunity to celebrate with the experts who can help owners grow their business.

BMO Biz Cafés will be popping up across Canada.

To find the one nearest you, visit bmo.com/smallbizweek.

JOE COLLURA, BMO SMALL BUSINESS AREA

MANAGER: I remember James. We had a long conversation.

He did most of the talking. He told me about his business and how much it meant to him.

He explained the solutions he'd tried, which weren't working.

When he'd finished, I asked him how all this affected him personally. James was surprised by that. I explained to him that at BMO, we look for solutions that solve problems at home, as well as on the job. They aren't really separate.

That got him talking a lot more. And it gave me an idea.

James had never before operated on credit. He never thought to ask for it. So I convinced him to fund his business through a Small Business Line of Credit. This allowed him to meet his financial obligations and cover any temporary shortfalls of cash. It also made his hours more predictable, letting him get home to his family in good time.

Six months later, his business had turned around.

CONNECT WITH PEOPLE IN THE KNOW THROUGH BMO

As a small business owner, you're part of a community. But it's bigger than the neighbourhood you live and work in. There's also a whole online world — where business people like you can meet, network and exchange ideas with experts in a range of fields. That is, if you can find them.

BMO aims to put you in touch. The new BMO SmartSteps for Business Online Community is your chance to connect with people in the know on subjects that matter to you. Comment on their daily blog posts, even if you disagree; engage them in dialogue through BMO.

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time. Review older blog entries, archived and searchable under topics like Daily Operations, Marketing, and Managing Cash. If you're unsure of where to begin (or if you're just really busy), focus on the posts your fellow entrepreneurs have found most useful — you are encouraged to rate posts from one to five stars. The website also

lists the most-read posts right on the main page. In this way, eCommunity members help one another.

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Pep's biggest challenge yet?

- ▶ Claros coach looking for more from Rainmen as NBL Canada regular season draws near
- ▶ Fourth head coach in Rainmen history gunning for franchise's first championship



MATTHEW WUEST
@METRONEWS.CA

Josep (Pep) Claros has a history of adapting well to new countries.

During his 18-year career as a professional basketball coach, the 42-year-old has made stops in the United States, Puerto Rico, Venezuela, Portugal, the Netherlands, and most recently Spain. His teams have qualified for 10 national finals and won five championships.

As he embarks on his first season in Canada with the Halifax Rainmen, he's gunning for more.

"My goal is to win a championship," Claros said after practice at the Canada Games Centre yesterday. "I will not stop until I find the best 12 warriors, with the best mentality, desire and commitment to play for the Halifax Rainmen."

By the sounds of things, he has plenty of work to do. The Rainmen have made the playoffs twice in four years but never advanced to a league final.

Claros, who moved to Halifax earlier this month with his wife and two boys, is not at all satisfied with what he's seen through two weeks of Rainmen training camp.

"We are very far from what I expect," Claros said. "Very, very far."

There are 13 players on the Rainmen's camp roster as they prepare for their



▶ New Rainmen coach Josep (Pep) Claros watches practice at the Canada Games Centre yesterday.

National Basketball League of Canada pre-season openers on the weekend. Claros is preaching hard work and defence and said "some players will need to adapt."

"They all need to know we're a team, and we have to think all 12 players as a team, as just one person," Claros said. "I want them out if they don't understand that the most important thing is our team, our city, our supporters."

Claros, whose boys are aged four years and two months old, is known for his high energy on the

"It was not just a sports decision. It was a personal decision that me and my family made. We really think Canada is a wonderful place to grow up for our kids."

RAINMEN HEAD COACH
JOSEP (PEP) CLAROS

sidelines. Rainmen owner and general manager Andre Levingston said he's the type of coach who will

Rainmen notes

The Halifax Rainmen visit the Summerside (P.E.I.) Storm in the NBL Canada pre-season opener on Friday at 7 p.m. The Storm visit Halifax on Sunday at 2

p.m. at the Metro Centre.

▶ Among the recent changes to the roster, the Rainmen cut top draft choice Danny Friend and brought in Shawn Hawkins and Justin Johnson.

run "across the floor" or jump "on top of the scorer's table."

"I do whatever I need to do to win," said Claros with a laugh.

Claros, the fourth head coach in Rainmen history, is working closely with Levingston to assemble the

best roster possible for the regular-season opener on Nov. 3.

"We communicate very well," Claros said. "He wants to have the first championship in this national league, so hopefully, working together, we can take it."

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Subban taking heat with Habs

► Flashy freshman blue-liner struggling early ► 'I know I can play better,' says Toronto native

The Montreal fans who chant his name haven't turned on him yet, but second-year defenceman P.K. Subban is well aware that he hasn't been at his best in the Canadiens' first four games of the NHL season.

A fan favourite for his skills in moving the puck up ice and for his bubbly personality, Subban has been guilty of some big gaffes early this season. He has only one assist and is minus-3 thus far.

Then again, the 22-year-old who has played only 83 career NHL contests is also leading the club with 24:55 of ice time per game as the Canadiens (1-2-1) deal with injuries to veterans Andrei Markov, Jaroslav Spacek and Chris Campoli.

"I definitely haven't played my best, but sometimes things happen and you don't know why," Subban said yesterday. "When things aren't going your way it's tough to stay at it, but you've got to go through it."

"There are guys with a lot of experience here to make sure I'm on the right page and that I stay positive. The coaching staff is still putting me out there and that shows confidence."

Subban's struggles were underlined in a 6-5 shootout loss to Colorado on Saturday night. Less than a minute after the Avs'



► Calgary's Jerome Iginla, left, mixes it up with P.K. Subban last Thursday in Montreal.

David Jones tied the game 2-2 midway through the second frame, Subban tried skating the puck through the neutral zone as the last man back. He was stripped of the puck by Paul Stastny, who went in alone to score.

"If I make that move and I beat the guy and go in and score, no one's going to say anything," Subban said. "But I turned it over and obviously you're going to get

"I'm not going to lose confidence in my game."

MONTREAL BLUE-LINER P.K. SUBBAN

flack for it."

Subban said there is no question of altering his game. He and the team just want better decisions on where and when to do it.

New defence partner Josh Gorges said Subban set the bar high with a 14-goal,

38-point rookie season, but he is still going through a "learning curve."

"One thing everyone has to learn, including P.K., is to not overextend yourself," Gorges said. "There's a time and a place for flash and when there's no open ice, there's not. We're going to get better and he's going to get better. There's no reason to panic."

Subban said he had a

chat with coach Jacques Martin and the two maintain a good relationship.

"When I'm not playing my best I want to be called out about it," Subban said. "So whether it's the guys on the team or the coaching staff, there's no shortage of (accountability) and there shouldn't be. I know I have to play better and they expect more from me."

THE CANADIAN PRESS

Sports in brief

Corbeil gets call from Columbus

HOCKEY. Former Halifax Mooseheads goaltender Mathieu Corbeil will get a taste of the big league tonight. The 20-year-old Montreal native has been called up by the Columbus Blue Jackets in emergency relief of injured Curtis Sanford. He is expected to back up Steve Mason on a one-day amateur tryout contract when the Blue Jackets host the Dallas Stars. ● METRO



Rain delays NSSBL semi

NSSBL. Game 7 of the Nova Scotia Senior Baseball League final between the Halifax Pelham Molson Canadians and Dartmouth Moosehead Dry will be played tonight at 7:30 p.m. at Beazley Field. Rain forced the game to be postponed last night. Steve Ivey will get the call for Halifax, while Jason Bailey will take to the mound for two-time defending champion Dartmouth.

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JOB TITLE: Coordinator Halifax Regional Municipality Urban Aboriginal Network
LOCATION: Halifax
DATE POSTED: October 3, 2011 **APPLICATION DEADLINE:** October 24, 2011
START/END DATE: December 1, 2011 until March 31, 2012 (with renewal possibilities)
WORK HOURS: 40 hrs a week (Available to work flexible hours when needed)
SALARY: TBD (in funding is accepted)

PURPOSE:

Reporting to the Steering Committee, the Coordinator is responsible for the development and implementation of the NETWORK's plans for 2011-2013. As the key resource for the NETWORK, the Coordinator will maintain the day-to-day activities and will manage the office space. In collaboration with the Chair, the Coordinator will also communicate, maintain relations and develop new partnerships with the federal, provincial, municipal, as well as with Aboriginal people of the Halifax area. For detailed description contact the Micmac Native Friendship Centre's Employment Office at (902) 420-1576 and ask for Amanda or Jennifer

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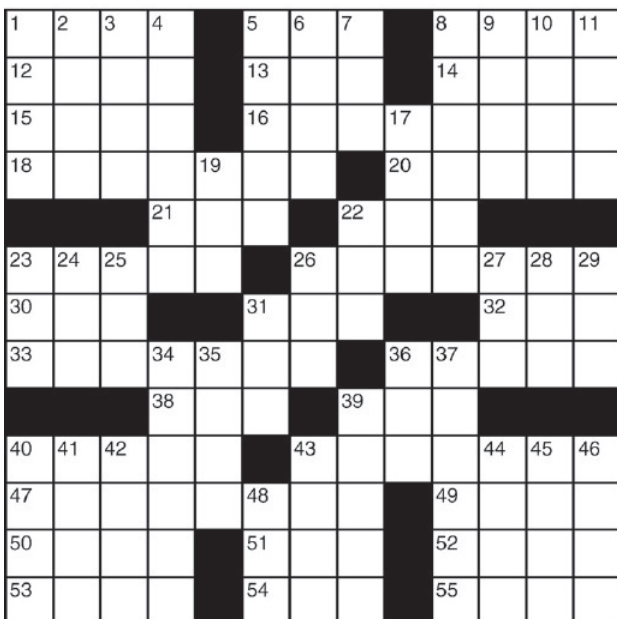

Crossword

Across

- 1 Creche trio
5 Antiquated
8 Pulsate
12 Right angles
13 Kids' pie filling?
14 Eastern potentate
15 Go sightseeing
16 Pose
18 Embassy employee
20 Actress Spacek
21 Historic period
22 Conclusion
23 Without pizzazz
26 Try
30 Born
31 Playwright Levin
32 — constrictor
33 Lure
36 Choir rendition
38 "Hail!"
39 Total
40 Ecu
43 "Way to go!"
47 Lawyer
49 Anger
50 Humdinger
51 Web address
52 Up to
53 Scottish garment
54 Sock part
55 "That's one small — ..."

Down

- 1 Transcending (Pref.)
2 Oodles
3 Excessive supply
4 Where Tel Aviv is
5 Nebraska city
6 Minstrel's instrument
7 Banned pesticide

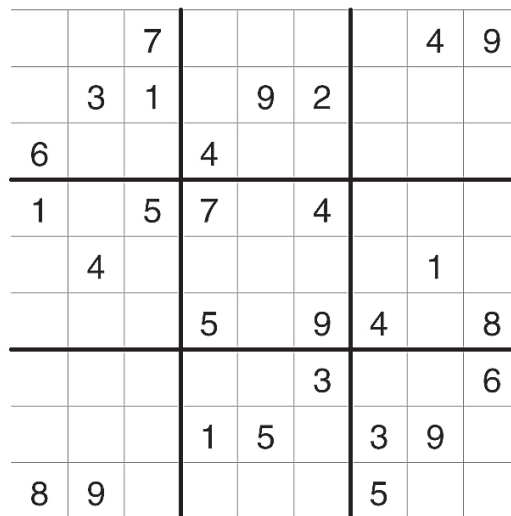


- 8 Happen as if by fate
9 Flightless flock
10 Lends a hand
11 Deuce defeater
17 "— It Romantic?"
19 Weep
22 Greek H
23 "CSI" evidence
24 Pensioned (Abbr.)
25 Nevertheless
26 Illustrations
27 Degree for a CEO
28 D.C. figure
29 53-Across wearer's hat
31 Lemieux milieu
34 Spicy stew
35 Maintain
36 Deposit
37 Intellect
39 Fashion
40 Abruptly refuse
41 Needle case
42 "— be OK"
43 Re planes and such
44 Fisherman's enticement
45 Look lasciviously
46 Shrill bark
48 Eccentric

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	8	5	1	7	4	2	9	6
7	4	2	3	9	6	8	5	1
6	1	9	8	2	5	7	4	3
9	3	8	4	5	2	6	1	7
4	2	6	7	1	9	5	3	8
1	5	7	6	3	8	9	2	4
2	7	4	9	8	1	3	6	5
8	9	1	5	6	3	4	7	2
5	6	3	2	4	7	1	8	9

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FROM SCOOBYDOOBY

Today's horoscope

♈ **Aries** March 21-April 20 If you have fallen out with someone, your first priority is to get back on good terms with them.

♉ **Taurus** April 21-May 21 Someone you have dealings with will be rather aggressive today and you may be tempted to respond in kind. Don't.

♊ **Gemini** May 22-June 21 Creatively and artistically you will be on top of your game today, so do something truly extraordinary.

♋ **Cancer** June 22-July 22 You may have to get tough with someone but if you don't they will most

likely make a mess of something that affects you directly.

♌ **Leo** July 23-Aug. 23 Your communication makes it easy for you to win others round to your way of thinking.

♍ **Virgo** Aug. 24-Sept. 22 You will get an offer today that could bring you a lot more money and prestige.

♎ **Libra** Sept. 23-Oct. 23 Look out for your own interests and pay no attention to those who say you should be helping them more.

♏ **Scorpio** Oct. 24-Nov. 22 You may be tempted to give up on something, but the planets warn if

For today's crossword answers and for expanded horoscopes, go to metronews.ca

you stop now you will regret it later, so keep going.

♐ **Sagittarius** Nov. 23-Dec. 21 Save yourself for the things and the people that really matter.

♑ **Capricorn** Dec. 22-Jan. 20 Someone in a position of authority will be glad to assist you.

♒ **Aquarius** Jan. 21-Feb. 18 Everything seems to be going well for you at the moment and life will be hugely enjoyable over the next few days.

♓ **Pisces** Feb. 19-March 20. You may or may not grow rich over the next few days but Lady Luck is smiling on you. ● SALLY BROMPTON

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